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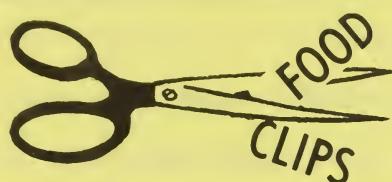
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Food and Home Notes

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July 9, 1973



Whole dry peas are wrapped by nature with a hard, water-resistant covering, or skin. Removal of this skin reveals two "kernels" or a pair of split peas from every "whole" dry pea.

* * *

Beef high? In Tokyo you'd spend more than \$11 a pound for beef loin. In Washington, D.C. you pay around \$1.69 for sirloin. It's also high in Paris and Rome, or Bonn.

* * *

Last year about 65 percent of the beef produced was Prime and Choice — four times more of these top grades than in 1952.

* * *

Who comments on USDA proposals? More than 3,100 comments came in on the consumer reaction to the composition of hot dogs.

* * *

"Canned fruit cocktail" is diced peaches and pears with smaller amounts of grapes and pineapple, and a few cherry halves. Sirup may be "extra heavy" (very sweet) or "heavy" (medium sweet).

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GROWING TOMATOES?

Watch out for the tomato fruit-worm! It eats deep holes in tomatoes. It's found all over the United States and does more damage to tomatoes than any other insect. One little fruit-worm can devour (or ruin) four or five fruits.

The adult fruitworm is a buff-colored moth about one inch long. The other life stages are egg, larva, and pupa. The female moths lay their eggs singly on the tomato leaves. Fruitworms become full grown in about 20 days.

Applying insecticides—carbaryl, applied as a spray—is the chief means of control. But, you can also disk or plow tomato fields after harvest to kill many of the pupae in the soil. Kill each fruitworm that you find while picking tomatoes.

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USDA 2007-73

Suburbanite, city dweller—and the farmer—need to be concerned about land when planning a home or planning land-use.

Poor land use planning can put your basement ankle-deep in muddy water. It happened in Pennsylvania. If someone had checked with the soil survey of the county, this could have been prevented.

City officials were ready to sue the owner of a vacant lot after heavy rains washed large quantities of his bare, eroding soil into nearby streets and sewers. The city had to buy a special cleaning machine to open the clogged-up drains. The owner of the property could have been sued — it happened in Virginia.

Some youngsters were ill from a mysterious illness in Wisconsin—no one knew why. A nurse, coming to visit, noticed the wet, smelly area of the lawn. Sewage had backed up and overflowed—and children were playing in that area. That was the cause—the effect was the mysterious illness. It shouldn't have happened.

A \$2.4 million schoolhouse was built. Six years later the walls buckled, and the ceilings fell, and the building was condemned. Why? Unstable soil. It happened in Colorado.

Unsuitable soil can wreck your house—actually, it can. Homeowners who build their homes on unsuitable soil sometimes discover huge cracks developing shortly after the houses "settle". Cause? Usually poor location planning. It can usually be prevented.

Did you know that urban pressures on land use can raise food prices and lower food quality? Urbanization is crowding the avocados, artichokes, and other specialty fruits and vegetables out of some areas where soil and climatic conditions are particularly well suited to them.

Water supply reservoirs can be ruined. And poor land use planning can mean ugliness and landscape deterioration to any area — it can happen anywhere.

— and LAND USE

Good land use planning doesn't just happen. The soils in a strip of Illinois land under consideration for a new highway were found to be very poor for building. Local planners were directed to choose another route, thus saving over \$800,000 in excavation and construction costs.

Your water supply is affected by land use, too. The Soil Conservation Service of the U.S. Department of Agriculture studies show that soil conservation building methods reduce sediment runoff from some areas by 90 percent. Lake Johnson, a major source of water for Raleigh, North Carolina, for instance, was an area originally designated for an apartment building. No development around the lake was preferable as reported by the soil survey. The water supply for this area could have been damaged if original plans had been carried out.

Soil survey maps, flood-plain facts and other instruments of evaluation are used by planning boards to provide the basic natural resource information.

Good agricultural land use planning can provide more food from the same, or even fewer acres. A conservation plan for land can double the use of the land with an eye on production from that land.

More parks, lakes, and bike trails for people may be realized by good land use planning. It can mean more wildlife to hunt, photograph, and enjoy. Good land use also brings beauty. Nearly two million ponds have been built and more and better fishing and hunting are a result of planned land use.

Many people are now interested in soil conservation. The U.S. Department of Agriculture's Soil Conservation Service has technical people who have worked with more than 2.2 million land users who signed up as cooperators with more than 3,000 local conservation districts. The Agricultural Stabilization and Conservation Service of USDA as well as other Federal agencies have been working on the problems of land use in the United States.

COST OF FOOD AT HOME FOR A WEEK (MAY)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$22.20	\$28.40	\$34.80
Elderly couple.....	18.10	23.80	28.50
Family of 4 with preschool children.....	32.00	40.90	49.80
Family of 4 with elementary school children.....	37.20	47.80	58.60
Individuals*			
Women			
20-34 years.....	9.40	12.00	14.40
35-54 years.....	9.00	11.60	13.90
55 years and over.....	7.60	10.00	11.90
Men			
20-34 years.....	10.80	13.80	17.20
35-54 years.....	10.00	12.80	15.60
55 years and over.....	8.90	11.60	14.00
Children			
1-2 years.....	5.40	6.80	8.20
3-5 years.....	6.40	8.30	10.00
6-8 years.....	7.90	10.10	12.60
9-11 years.....	9.10	11.90	14.40
Girls 12-19 years.....	9.90	12.80	15.50
Boys 12-19 years.....	11.40	15.00	18.00

* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- For those eating all meals at home (or carrying some meals from home), use amounts shown.
- For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

COMMENTS AND INQUIRIES TO:

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